



"Best Climate
on Earth"

The GROVE GAZETTE

City Newsletter for the Residents and Businesses of Lemon Grove, California

WINTER/SPRING 2016

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LEMON GROVE RENAISSANCE

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This is an exciting time to live and do business in Lemon Grove. The City is undergoing a renaissance with the new City Mark "Celsius" apartments, New Pointe's "Valencia" single-family homes nearing completion, the newly completed Safe Routes to School sidewalk on Palm Avenue, the Lemon Grove Avenue realignment breaking ground this summer, and many other projects in the pipeline.

Three major planning efforts are underway that will set the future vision for Lemon Grove:

General Plan update — Lemon Grove last updated the General Plan in 1996 and over the past 20 years the City has changed, development standards have changed, and the community's wants and needs have changed. In 2015, under the City Council leadership, City staff partnered with graduate students from the California Polytechnic State University San Luis Obispo (Cal Poly SLO) Design Studio Team to conduct community outreach, create a community profile and put together a draft general plan update. The Cal Poly SLO team working in conjunction with a City Council appointed

ad hoc focus group set out to build a community profile that will shape the ideas that will be considered as part of the General Plan.

Over 1,000 community members participated in various outreach efforts held over the course of five months. Additionally, two focused workshops were held to gather specific input on community design and economic development, as well as street development and circulation around town.

On February 16, the Lemon Grove City Council held a public hearing to hear a summary of the community outreach and consider some concepts and ideas to fold into the update of the general plan. Over all, the participants loved the small town, sense of community atmosphere of Lemon Grove. Some of the areas of desired improvements include better streets, making the town more walkable; and improved perception of the City, which includes a cleaner, safer Lemon Grove. Economic development was a prominent theme, with residents wanting more family-friendly dining options, more retail outlets and a hotel or two. With the results of the community survey and feedback and direction from the City Council, a rough draft of the general plan is being developed. Within the next four months, a draft plan will be presented to the City Council to garner additional feedback before the plan is finalized in preparation for the required environmental review. Staff's goal is to present a General Plan to the City Council and the Community for final adoption in October of this year.

All the of the community results from the Cal Poly SLO team and the two community workshops is available on-line on the City's General Plan update webpage at <http://www.lemongrove.ca.gov/community/general-plan-update>.

Downtown Village Specific Plan Expansion — SANDAG Smart Growth Grant funds will be used to prepare an expanded Downtown Village Specific Plan (DVSP). The City has partnered with Brian Mooney and the planning division of Rick Engineering to prepare the plan. Mr. Mooney was the principal in charge for the existing Downtown Village Specific Plan. The new plan will analyze circulation and economic development opportunities in the Broadway corridor of downtown Lemon Grove from Massachusetts Avenue to Washington Street. Community workshops to discuss the vision, issues and opportunities in downtown will be held this spring.

Connect Main Street — The City received a SANDAG Smart Growth Grant to design an approximately two mile linear multi-use path with adjoining activity centers along Main Street next to the trolley line from Broadway to the Massachusetts Avenue Trolley station. The proposed concept also includes amenities such as picnic tables, shade structures, seating, trash receptacles, street and pedestrian lighting. Public art is included throughout and takes form as portals, fence and wall art, historic and natural art pieces and furnishings. The design is expected to be approved within the next four months and partial grant funding for construction of one of the phases has been received.

Community Events

MARK YOUR CALENDARS—MAY 14-15, 2016



**One day. One night. One community.
One Fight.**

2016 will mark the 11th year of partnership between the City of Lemon Grove and the American Cancer Society to have the **Annual Lemon Grove Relay For Life** event in our community to raise funds for the Cancer Society. Undeniably, this annual event is a festival filled with fun including live on-stage entertainment, round-the-clock DJ, and lots of delectable food. The teams that have been organized beforehand with family members, friends, neighbors and co-workers work hard both as individuals and as teams to raise funds for the Cancer Society before, during and after the event. Every year the event organizing committee chooses a theme that the teams use in decorating their booths, but the event's purpose never changes—to **celebrate** the lives of those who have battled cancer; **remember** loved ones lost to the disease; and **fight back** against a disease that takes too much.

IT'S A FACT...

One out of two men and one in three women will receive a cancer diagnosis in their lifetimes.

Not using tobacco products, practicing good nutrition habits and being physically active can prevent two-thirds of cancer deaths.



**Find out how YOU
can get involved
in the
2016 Relay For Life
of Lemon Grove!**

Contact 2016 Event Chair
Stephanie Boyce at
(619) 905.6797 or the
Cancer Society liaison
Jerry Webber at
(619) 209.1160 or
jerry.webber@cancer.org.

WANTED!
**2016 Volunteers
and Event Sponsors!**

CREEK TO BAY CLEANUP 2016



SAVE THE DATE! Saturday, April 23rd

Join nearly 6,000 volunteers for the **14th Annual I Love A Clean San Diego Creek to Bay Cleanup**. At last year's event, 5,800 volunteers removed 180,000 pounds of debris from a record 106 cleanup sites countywide. The City of Lemon Grove will host a cleanup site at San Miguel and Federal Boulevard again this year.

**Help
Keep
Our
Community
Clean!**

Registration opens on April 1st—Mark it on your calendar!
Please visit www.creektobay.org to sign up.

Community Events

California-Friendly Landscape Contest

Sponsored by Helix Water District and other local water agencies



Basic Judging Criteria:

- ◇ Design for beauty & water conservation.
- ◇ Creative use of colorful water-wise plants
- ◇ Overall water efficiency will be evaluated.

Application Deadline: April 8, 2016

For more information, including eligibility requirements, application procedures, a California-Friendly Plant List, and a Free Homeowner's Landscaping Guide, visit the contest website:

www.landscapecontest.com

One winner from each water agency. Winners receive a \$250 gift certificate and recognition in the water agency's website and newsletter.

Judges' decisions are final.

The competition committee reserves the right to issue no award if the entries are deemed undeserving.



COMMUNITY Cleanup



Saturday, April 23, 7am

EDCO-8184 Commercial Street, La Mesa 91941

(Proof of residency required for drop off)

EDCO
WASTE & RECYCLING SERVICES
www.edcodisposal.com

"We'll Take Care of It"

DIRECTIONS:

North on Lemon Grove Avenue,
Right on Broadway, Left on Spring
Street, Right on Center Street, Left
onto Commercial Street

Mid Week Curbside Collection

for disabled & senior residents. Call EDCO at (619)287-7555 before 4/15/16 to sign up. Up to five large items per household.

ACCEPTED ITEMS

- Debris from home improvement projects
- Furniture
- Green Waste (tree trimmings, etc.)
- Large Appliance (washers, dryers, stoves, refrigerators, water heaters)
- Metals (steel, aluminum, copper, etc.)

NOT ACCEPTED

- Tires & Batteries
- Electronic equipment (cell phones, computers, monitors, televisions, etc.)
- HHW—Household Hazardous Waste (chemicals, paint, solvents, gas, oil, etc.)
- Contractor, landscaper or commercial business waste

Visit www.lemongrove.ca.gov for more info

Community Interest

SAFE ROUTES TO SCHOOL PROJECT UPDATE

Federal legislation established a National Safe Routes to School (SRTS) program in August 2005, dedicating a total of \$612 million from 2005 to 2009 to improve safety for walking and bicycling routes to school to encourage children and families to travel between home and school using these modes. The program operates in all 50 states and D.C. benefitting children who live in urban, rural, and suburban communities representing varying income levels and a range of walking and bicycling conditions.

In October 2008, the City of Lemon Grove was awarded a Federal Safe Routes to School grant to construct sidewalks, curbs, gutters and re-striping of the roadways to accommodate bike lanes along Palm Street between Skyline Drive and Golden Avenue and at the intersection of Golden Avenue and School Lane, including traffic calming measures in the form of curb pop outs at the intersections with the installation of drought resistant landscaping. The project was designed by Kimley-Horn and after several years of engineering design alternatives and regulatory compliance updates, Crest Equipment started construction on the project in December 2015.

A new crosswalk was installed at Palm Street and Golden Avenue, along with rectangular flashing signs at Golden Avenue and School Lane to increase pedestrian safety.

The project is scheduled to be completed in mid-March.



Freshly poured concrete
on Palm Street

Please direct project questions to the
Engineering department
at (619) 825-3811.



LEMON GROVE DAY CAMP

March 21 to April 1, 2016
6:30am—6:00pm

~Send child with 2 snacks and lunch~

\$95 / Week (\$10 Sibling Discount)

\$80 / 3 Days

\$35 / Day



SUMMER

June 9 to August 16, 2016
6:30am—6:00pm

~lunch provided daily~

**Fieldtrips included
for weeks 2-8**

\$95 / Week (\$10 Sibling Discount)

\$80 / 3 Days

\$35 / Day

For more information about our Spring or Summer Day Camps (designed for K-8th grade)
or to register, visit www.lemongrove.ca.gov

Community Interest

NEW LEMON GROVE BMP DESIGN MANUAL ONLINE

On February 2, 2016, the City of Lemon Grove adopted a new Lemon Grove Best Management Practices (BMP) Design Manual. The manual is intended to help project applicants meet the State's new stormwater requirements for development projects. These requirements are the same throughout San Diego County.

To see how this might affect your proposed construction project, visit [Development Services webpage](http://www.lemongrove.ca.gov/departments/development-services/stormwater) and click on [stormwater](http://www.lemongrove.ca.gov/departments/development-services/stormwater) (<http://www.lemongrove.ca.gov/departments/development-services/stormwater>).

BEST BUSINESS CLIMATE ON EARTH!

The City is actively looking for quality business and development...

Feedback at recent community workshops indicates interest in businesses such as breweries and brewpubs, professional offices and shared work spaces, an athletic center such a reputable gym or YMCA, fast-fresh restaurants, a movie theater, sporting goods stores, boutique retail stores that sell art, music, books, etc.

Why Lemon Grove?

- ⇒ ISO Class 1 Rating
- ⇒ Lower entitlement and development impact fees
- ⇒ Simple development standards
- ⇒ Less red tape
- ⇒ Open communication
- ⇒ Reduced parking requirements
- ⇒ Simple landscape regulations



The Development Services Department webpages have been updated with simplified forms and applications, including development applications with online submittal.

Links are provided to helpful information and FAQs have been added.

If you or someone you know may be interested in coming to Lemon Grove, contact the Development Services Department at (619) 825-3805 or visit:

<https://www.lemongrove.ca.gov/departments/development-services>.



NUMBERS TO KNOW...

Sheriff's Department Non-Emergency Line

Residents, Business Owners and visitors to the City of Lemon Grove are the eyes and ears for the City. If you see suspicious activity (e.g. scavenging, parking violations) that is not an immediate emergency, call the **San Diego County Sheriff's Department Non-Emergency Line at (858) 565-5200**. Reporting suspicious activity makes our Deputies better able to respond and help keep Lemon Grove a safer place to live, work and play.



Abandoned Shopping Carts

Please call **(800) 252-4613** if you see an abandoned shopping cart. Have the following information available—detailed location, type of cart, and number of carts.

Got Leaks?

If you see a water leak in the street or at a hydrant please call the Helix Water District at **(619) 466-0585** with the address and description of the leak.



Street Light Out?

If the street light is on a *wooden pole*, first get the address and pole number—then please contact SDG&E for service. For English, dial **(800) 411-7343**. For Spanish, call **(800) 311-7343**. If it is a *concrete pole*, please call the City's Public Works Department at **(619) 825-3810**.

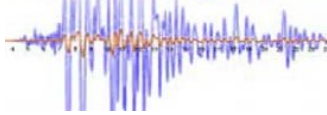
Dead Animal Removal

The City contracts for dead animal removal. After hours and on holidays, call **(619) 390-8204** for assistance. If it is during normal business hours (Monday—Thursday, 7:00a.m. to 6:00p.m.), please call City Hall at **(619) 825-3800**.

Community Interest

Earthquake Safety Tips:

Before, During & After



HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

The Cities of El Cajon, La Mesa and Lemon Grove are in the vicinity of several known active and potentially active earthquake faults, including the San Andreas, San Jacinto, Whittier-Elsinore, Rose Canyon, San Clemente, La Nacion and Coronado Banks faults. Each fault is capable of a greater than 6.9 magnitude earthquake.

Earthquakes occur with no warning! Earthquakes are the shaking, rolling or sudden shock of the earth's surface. They are the Earth's natural means of releasing stress. They cannot be predicted - although scientists are working on it! In a major quake, you may experience gentle shaking at first and then more violent shaking within a few seconds. You may find it difficult to maintain your balance or it may even knock you off your feet.

During an Earthquake



Inside—In most situations, you will reduce your chance of injury from falling objects, and even building collapse if you immediately:



- ♦ **Duck** under a heavy desk, table, bench, or against inside walls. **Cover** your head and neck with one hand. Use the other hand to **Hold on** to the table or desk above you and be prepared to move with it if the shaking causes it to move. Move away from windows, glass doors and outside walls. Stay in the building.



- ♦ In a multi-floor building—**DO NOT** use the elevator to evacuate. **Duck, Cover, and Hold on.** The electricity may go out, and the sprinkler systems may come on.

Outside—Move clear of buildings, streetlights, trees, utility wires and other objects that could fall.

In an automobile—Stop the car and wait until the shaking ends. Avoid stopping near trees and power lines or on overpasses or under bridges.

If you are trapped in debris—Try to get attention by tapping hard on pipes or metal parts of the structure. That may increase your chances of being rescued.

The Shaking Has Stopped--Now What?

Immediately after the quake, the greatest danger is from falling objects, followed by fire. Be prepared for aftershocks; they are usually not as strong as the initial earthquakes.

- ♦ Remain calm.
- ♦ Make sure you are safe and not injured.
- ♦ Verify that ALL family members are accounted for.
- ♦ Check those around you, looking for anyone trapped or injured; administer first aid.
- ♦ Check for fires or possible fire hazards and if you suspect danger, evacuate the building.
- ♦ Turn on battery powered radios or a car radio to 600 AM KOGO for emergency information.
- ♦ Call 2-1-1 for up to date emergency information.
- ♦ Cooperate with public safety officials.

Community Interest



HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

Prepare *Now* Before the Shaking Starts

Your recovery from the emergency could depend on your level of preparedness before the emergency happens.

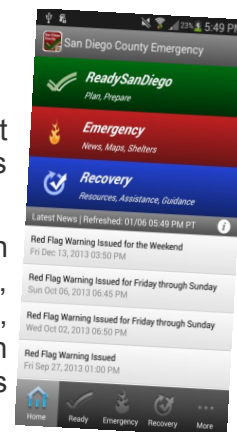


- ◆ Assemble emergency supplies, water, food, and first aid supplies.
- ◆ Plan evacuation routes and practice with all family members.
- ◆ Plan for any disabled family members or neighbors.
- ◆ Develop a plan for reuniting after the disaster in the event family members are separated during an earthquake (a real possibility when adults are at work and children are at school).
- ◆ Check areas for earthquake hazards and correct them. Anchor high shelves, cabinets, or other things that could fall.
- ◆ Know where all of the utility shut-off mains are located and have the necessary tools available to turn off the utilities. **Do not turn off the Gas unless you are instructed to do so or you suspect a gas leak;** only SDG&E can turn the gas back on.
- ◆ Be trained in CPR and first aid.
- ◆ You may not be able to leave the premises for 72 hours, so keep a battery-powered radio, extra batteries, flashlights, sturdy shoes, food, water, medication and first aid supplies on hand.
- ◆ Download the San Diego County Emergency smartphone App for up-to-date information (see below).

San Diego County Emergency Smartphone app

The app is designed to keep residents and their families informed and safe throughout events likely to affect the region, such as wildfires, or potential threats, such as damaging earthquakes or terrorist events.

The free app is available at ReadySanDiego.org and SDCountyEmergency.com, or in the Apple App Store and Google Play stores. SD Emergency features a simple interface, and during a fire or other event, app users will be alerted to official County updates, emergency maps, shelter lists and maps, CAL FIRE and County social media, and even volunteer opportunities. An automatic notification will alert users of new emergencies and updates.



During an emergency, residents might use the app to see if their neighborhood is affected by road closures or damage. Displaced residents could find their way to the nearest shelter. Before an emergency, the app is designed to be a handy and engaging preparation tool.

The "Ready" section of the app features interactive checklists to prepare an emergency kit that will help families survive on their own in a disaster for 72 hours.

Likewise, the app makes devising a family disaster plan easy. The "Ready" side of the app also features a wealth of information by disaster type, such as "Wildfire," "Earthquake," and "Public Health Emergency."

The app takes advantage of smartphone technology and reaches the growing and significant population who use iPhone and Android devices. During an emergency, the County will also provide updates, maps and shelters at SDCountyEmergency.com.

Healthy Eating—Active Living

HEALTHY EATING, ACTIVE LIVING — 5-2-1-0 EVERY DAY!

Childhood obesity has more than tripled in the past 30 years. Today's children are at a higher risk than ever for health problems and life limitations. Bad eating habits, too much television and computer time, minimal physical activity and sugary drinks are becoming the norm.



Combat this trend with the 5-2-1-0 lifestyle...

Eat. Reduce. Play. Limit.

5

5 fruits and vegetables

The vitamins, minerals, and fiber in fruits and vegetables are important to your health. Fruits and vegetables helps kids grow, helps maintain a healthy body weight and helps keep the immune system strong. Fresh is best, but frozen is also a good choice. If you're using canned fruits and vegetables, watch for sodium and added sugar.

Try these healthy tips:

- * Add berries to sweeten cereal or oatmeal
- * Try carrots with hummus dip
- * Make fruit kabobs
- * Make celery sticks with almond butter and raisins
- * Use nonfat yogurt as a dip for fruit as dessert
- * Freeze grapes for a cool summer snack
- * Add vegetables like carrots or zucchini to pasta sauce

2

2 Hours or less recreational screen time

Toss the remote. Play catch instead!

Americans between age 2 and 17 spend an average of 19 hours and 40 minutes watching TV each week. Quiet time for reading and homework is fine, but limit the time your children watch television, play video games, or surf the web to no more than two hours per day. The American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger. Screen time takes away from physical activity, which is important to maintain health. Kids who watch TV more than just two hours a day are more likely to be overweight or obese as adults. TV characters are often shown with unrealistic bodies. Women are shown too thin and men are shown with larger-than-life muscles and imperfections are edited to erase flaws and imperfections.

1

At least 1 hour of active play

*Be a Healthy Hero!
Give the TV a break, go outside and play!*

Active play is fun and important for your child's health. Active kids will likely become active adults and remember that children imitate adults. Start adding physical activity to your daily routine.

Hiking~Walking a dog~Swimming~Rollerblading~Bicycling~Basketball~Soccer~Tennis~Playing tag~Hula hooping~Dancing to music~Jumping rope

- * Helps to build muscle.
- * Helps build bone strength.
- * Helps manage body weight.

- * Lowers the risk of developing type 2 diabetes.
- * Reduces stress.
- * Puts a smile on our faces!

Hiking~Walking a dog~Swimming~Rollerblading~Bicycling~Basketball~Soccer~Tennis~Playing tag~Hula hooping~Dancing to music~Jumping rope

0

0 Sugar-sweetened beverages

Life is sweet enough without soda!

Americans eat almost 100 pounds of sugar each year—equal to about 26 teaspoons of sugar each day! That may sound like a lot of sugar, but you'd be surprised at just how much sugar is in some fruit drinks and sodas. **For example, a top-selling 20-ounce cola containing a whopping 17 teaspoons of sugar!**

Find out How many teaspoons of sugar are contained in some of your favorite drinks? It is important to limit sugar to manage body weight, lower the risk of developing type 2 diabetes, and maintain healthy teeth. Next time you're looking for a fruity drink, try adding a slice of your favorite fruit to the water to add some flavor without adding the sugar.

Kids (aged two to 10) should drink water and 1 percent or fat-free white milk instead of sugar-sweetened drinks and whole milk.

- * Soda, sport drinks, chocolate milk and juice have a lot of sugar, which adds empty calories.
- * Sugary drinks lead to tooth decay and end up replacing milk in children's diets. Skim or 1 percent white milk (not chocolate) is best for kids.



Community Interest

SHERIFF CORNER



Scam Alert!

**It's not the IRS, or
Microsoft...
or the Sheriff's
Department...**



**Scam and con artists are aggressive
and may scare you with arrest or even
a lawsuit if you don't pay...**

Microsoft will NEVER Call you to update or upgrade your computer.

The Sheriff's Department will NEVER Call you to tell you that you have a warrant. If you get such a call, report it to the Lemon Grove Sheriff's Department at (619) 337-2000.

The IRS Will NEVER:

- ◆ Call you to demand payment or require immediate payment over the telephone. *The IRS would not contact a taxpayer by telephone out of the blue, but rather through official correspondence sent through the U.S. mail, according to IRS Commissioner John Koskinen.* Nor does the IRS initiate contact with taxpayers by email, text, or social media channels to request personal or financial information.
- ◆ Threaten people with jail time, revoke your drivers license, or take enforcement action immediately following a phone conversation, *OR* Ask for credit card, debit card or prepaid card information over the telephone or insist that a specific payment method be used to pay tax obligations.
- ◆ Potential phone scam victims may even be told that the information is needed because they are entitled to big refunds. If unsuccessful the first time, sometimes phone scammers will call back trying a new strategy.

Scammers use fake names and IRS badge numbers to identify themselves and may know personal information about you, such as the last four digits of your social security number. They may even alter the caller ID to make it look like the IRS is calling.

If you get a phone call from someone claiming to be from the IRS:

- ◆ If you know you owe taxes or you think you might owe taxes, call the IRS at 1.800.829.1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.
- ◆ If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the Tax Inspector General for Tax Administration (TIGTA) at 1.800.366.4484.

If you receive an email phishing scam involving the IRS, do not open any attachments or click on any links contained in the message. Instead, forward the email to phishing@irs.gov.

See the complete IRS warning about scams:

<https://www.irs.gov/uac/Newsroom/IRS-Repeats-Warning-about-Phone-Scams>

Potpourri

GET CURRENT CITY NEWS IN YOUR "IN-BOX"

Want to be "in the know" about what's going on in Lemon Grove?

Sign up on the City's website for **E-NOTIFICATIONS**—*automatic email message notifications* for new issues of the City newsletter, traffic alerts, community events and so much more!

Instructions:

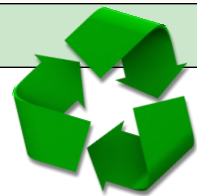
- ◆ Community Events
- ◆ Youth Activities
- ◆ Adult Sports
- ◆ City Newsletter
- ◆ City Council Agenda
- ◆ Community News
- ◆ Planning Commission Agenda
- ◆ Contracting Opportunities
- ◆ Press Releases
- ◆ Job Postings

1. Visit the City's website at www.lemongrove.ca.gov.
2. Select **"E-NOTIFICATIONS"** on the left navigation bar.
3. Enter your **email address** and **first and last name**.
4. **Select** the items that interest you by clicking on the **envelope icon** next to it.
1. Enter the **verification code** requested.
2. Click **"Submit"** and you're done! You will receive an email with a link to confirm your subscription. A link to change or cancel your subscription is included with each notification.

Your e-mail address is kept confidential and will not be sold or disclosed to third parties.

MAKE \$\$\$ RECYCLING

Recycling diverts solid waste from our overly burdened landfills. **Another benefit of recycling is trading in your recyclables for a little extra CASH...**



EDCO will buy back your recyclable materials!

Located at 6700 Federal Boulevard in Lemon Grove, (619) 287-7555, EDCO is open seven days a week from 8:00am to 4:00pm.

Trade in your CRV aluminum, glass and plastic containers for cash and help protect our environment at the same time!

VOLUNTEERS PICK LEMONS AT CITY HALL

A group of local Girl Scout volunteers organized by **Harvest Crops** harvested the lemons on the trees in front of City Hall on Saturday, February 20th. The pick totaled 350 pounds and was delivered to **Special Deliveries**, a nonprofit organization that delivers to homebound people in need.

Harvest Crops is a non-profit that organizes groups of volunteers to pick fruit from residential trees that would otherwise go unpicked to help provide fresh fruit to limited income families and seniors. If you or someone you know has an overabundance of fruit on trees that would otherwise go to waste, take a look at the website to find out how to sign up for a harvesting: <http://www.harvestcrops.org/>.

Potpourri

LEMON GROVE SENIOR CENTER—Services, Activities, Classes

Senior Volunteer
Opportunities Available for participants

8235 Mt. Vernon Street, (619) 337-1425
Monday—Friday, 9:00 a.m.—2:00 p.m.

Senior Lunch Program
Hot, nutritious meals



Make **reservations** by 12:00 Noon
a week in advance.

Suggested donation \$3.50 age 60 and over.

Services

Free Legal Services
Home Delivered Meals
Health Insurance Counseling
and Advocacy Program

Activities

Tuesday Movies
Monthly Entertainment
Holiday Celebrations
Bingo and Billiards

Exercise Classes

Aerobic Conditioning
Feeling Fit Club
Hatha Yoga

TENANT/LANDLORD SERVICES

CSA San Diego County promotes fair housing practices, and provides free assistance to renters, land owners, and property managers.

CSA San Diego County provides many **FREE** services including:

- ♦ education to tenants
- ♦ education to land owners and property managers
- ♦ fair housing advocacy

CSA's housing specialists are equipped to answer many questions and provide additional resources to those in need.

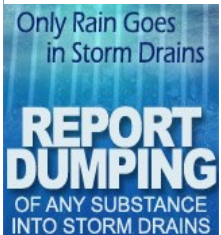
Contact CSA San Diego County at (619) 444-5700 or visit www.c4sa.org.

REPORT ILLEGAL DUMPING

City of Lemon Grove
STORMDRAIN Hotline

(619) 825-3827

Please report illegal dumping (paint, chemicals, etc.) into the City's stormdrain system.



What is stormwater pollution?

Untreated urban runoff (pollutants like trash, pet waste, cigarette butts, motor oil or antifreeze, paint, pesticide and fertilizer runoff) that flows untreated through the storm drain system, eventually making its way into the ocean.

Find out more:

<http://www.lemongrove.ca.gov/departments/development-services/stormwater>



**I can't wait to
be a Girl Scout volunteer!**

Help a girl for an hour, a day or a year ...
as the role model she'll always remember.

Volunteer today

Learn more at sdgirlscouts.org/volunteer

Contact us at volunteer@sdgirlscouts.org
or (619) 610-0728

girl scouts
san diego



Environmental

SCOOP, DON'T POLLUTE!

When taking your pet out to the park or just a walk around the neighborhood be prepared! Make sure your pet's leash is secure, your pet is licensed and wearing an address tag, and that you carry drinking water and doggie bags to pick up after your pet. City Hall and City Parks are equipped with pet waste bag dispensers to use when you visit these facilities.

When it rains, pet waste may be washed into the storm drain that flows into our streams and ocean untreated. This is a source of harmful bacteria and virus that impacts beachgoers.



Picking up after your pet helps prevent:

- ⇒ the spread of disease
- ⇒ increase in flies and other pests
- ⇒ angry neighbors
- ⇒ stormwater pollution from animal and pet wastes (containing bacteria) from your property entering the street, gutter, storm drain or waterways.

Project Clean Water (www.projectcleanwater.org) recommends properly disposing of pet droppings, uneaten food, and other potential contaminants into the trash to prevent the material from entering the streets, gutters, storm drain systems or waterways. Prompt clean up will also prevent unwanted insect pests which may be attracted by food or waste.



NEW WATER EFFICIENT LANDSCAPE REGULATIONS

Revised Water Efficient Landscape Regulations

As of February 4th, all new paved surfaces are now required to drain into landscape areas. The new landscape and irrigation requirements are much simpler than before; however, there are minimum plant, tree and edible plant requirements.

The new regulations (Chapter 18.44 of the Lemon Grove Municipal Code), adopted by the City Council in December, are available on the Development Services Webpage ([Water Efficient Landscape Regulations](#)) at the Planning Counter in City Hall.

Please contact the Planning Division at 825-3805 with any questions.



KEEP OUR STORM DRAINS CLEAR AND POLLUTANT FREE

The City's storm drain system is intended to help prevent flooding and the only thing that should go into them is water. Excess leaves, tree branches and trash can clog the storm drain system, leading to back ups that cause flooding.

Simple steps to keep your storm drain and waterways clean and help to prevent trash and contaminants from entering the storm drain system and waterways, and eventually into San Diego Bay:

- ◇ Keep a tight lid on your trash cans and recycling bins, especially during windy days.
- ◇ Pick up trash in your community and encourage your neighbors to do the same.
- ◇ Trim and maintain landscaping to prevent broken branches and leaves from blocking storm drain inlets.
- ◇ Pick-up after your dog! Stormwater will pick up the waste and wash it into the storm drain. Pet waste contains harmful bacteria that impact stream wildlife and water quality.
- ◇ Secure your front and back yards to prevent soil from eroding and debris from being washed into the streets, gutters and storm drain inlets.
- ◇ Cover stockpiles of material with tarps at your home or business.
- ◇ Dry sweep around your home or business. Never hose down driveways, sidewalks or parking lots. Don't blow lawn clippings into the street. Instead, direct them onto your property so they can be added to your compost bin, or place them in the yard waste container for pick up by EDCO.

It is illegal to allow pollutants to flow into a storm drain. If you see someone dumping or not containing pollutants report it — Stormdrain Hotline: (619) 825-3827.

Environmental

HOUSEHOLD HAZARDOUS WASTE RECYCLING

By appointment only, City residents may drop-off Household Hazardous Waste (HHW) on selected dates at EDCO's La Mesa Station.



It's easy to dispose of HHW safely...

Call (619) 287-5696, ext. 4270, to make an appointment for an upcoming drop-off event. You may also request an appointment via email at lmhww@edcodisposal.com. Be sure to include your name, address, and daytime telephone number.

Home Pickup Program—Only seniors (65+) and disabled residents are eligible to participate in the HHW/Electronic Waste Home Pickup Program. (619) 287-5696, ext. 4270.



It is illegal to dispose of hazardous materials such as these in the trash!

HOUSEHOLD

All Purpose Cleaners
Ammonia, Disinfectants
Drain Cleaners, Polishes
Fluorescent Light Bulbs
Household Batteries

YARD AND GARDEN

Lighter Fluid
Pesticides
Paints, Stains, Thinners
Pool Chemicals
Fertilizers

GARAGE

Motor Oil and Filters
Car Batteries, Gear Oil
Transmission Fluid
Antifreeze, Gasoline
Glues, Adhesives

FREE HOUSEHOLD BATTERY RECYCLING AND SHARPS DISPOSAL

For your convenience, the **EDCO Buyback Center**, located at 6700 Federal Boulevard, in Lemon Grove is **open every day of the week**, from 8:00 a.m. to 4:00 p.m., for recycling household batteries and disposing of sharps waste. Questions?..... Call EDCO at (619) 287-7555.

Household Batteries — AAA, AA, C, D, AND 9V ONLY

Batteries contain heavy metals such as mercury, lead, cadmium, and nickel, which can contaminate the environment when batteries disposed of are improperly. Recycling batteries keeps heavy metals out of landfills and the air and saves resources because recovered plastic and metals can be used to make new batteries.



Sharps Waste (Needles, lancets, or other devices used to penetrate the skin for the delivery of medications.)



Put sharps in approved sharps containers or in sturdy, puncture resistant, tightly sealed containers like bleach bottles, liquid detergent bottles or coffee cans with lids. **DO NOT STORE IN:** paper or plastic bags, glass containers, cardboard or coated paper containers, plastic bottles that have a CRV (CA Redemption Value) or milk jugs. **LOOSE SHARPS ARE NOT ACCEPTED.**

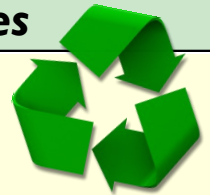
FREE E-WASTE RECYCLING for Residents AND Businesses



EDCO Disposal, 6700 Federal Boulevard

8:00 a.m.—4:00 p.m., (619) 287-7555

No appointment required



Items Accepted:

*** Appliances	Electric typewriters	Phone systems	Televisions
Batteries	Fax machines	Printers	Testing equipment
Camcorders	Hard drives	Radios	Transparency markers
Car batteries	Laptops	Remote controls	Two-way radios
CD players	Modems	Scanners	Typewriters
Cell phones	Monitors	Servers	UPS's
Computers	Pagers and PDA's	Stereos	VCR's
Copiers	PC boards	Tape players	Word processors
DVD players	Personal computers	Telephones	

***\$27 fee.



HANDY INFORMATION

CITY HALL

Mayor & City Council 825-3800
 City Manager, Finance 825-3800
 Planning/Building 825-3805
 Public Works 825-3810
 Engineering 825-3811

CITY HOTLINES

Code Enforcement 825-3820
 Stormwater 825-3827

**Please report illegal dumping
 (paint, chemicals, etc.) into the
 City's stormdrain system:**

[www.lemongrove.ca.gov/departments/
 development-services/stormwater](http://www.lemongrove.ca.gov/departments/development-services/stormwater)

FIRE DEPARTMENT

7853 Central Avenue
 Business (non-emergency) 825-3835
 Emergency 911
[www.lemongrove.ca.gov/departments/fire-
 heartland-fire-rescue](http://www.lemongrove.ca.gov/departments/fire-heartland-fire-rescue)

SHERIFF DEPARTMENT

3240 Main Street
 Business (non-emergency) 337-2000
 Emergency 911
www.sdsheiff.net/index.html

ANIMAL CONTROL

General info 691-5123
 Report animal concerns 476-2476
 After hours and holidays
 dead animal removal 390-8204

OTHER...

La Mesa Swimming Pool Info 667-1494
 Historical Society 460-4353
 Library 463-9819
 Senior Center 337-1425

MEETINGS...



CITY COUNCIL

1st and 3rd Tuesday of each month, 6:00 p.m.
 at the Community Center, 3146 School Lane.

2-1-1 Non-Emergency Hotline 211

1000's of community resources with a single call
www.211sandiego.org/

5-1-1 Traffic, Transit, & Travel Information 511

www.511sd.com/

Bus-Metropolitan Transit System (MTS) 233-3004

1255 Imperial Ave
 San Diego, CA 92101-7490
www.transit.511sd.com/

California Highway Patrol

1722 East Main St
 El Cajon, CA 92020
 Business (non-emergency) 401-2000
 Emergency 911
www.chp.ca.gov/

Crime Stoppers 1-888-580-TIPS (8477)

PO Box 600726
 San Diego, CA 92160
www.sdcrimestoppers.com/

EDCO 287-7555

Trash/Recycling Services
 6670 Federal Blvd
 Lemon Grove, CA 91945
www.edcodisposal.com/

Friends of the Library 962-6688

Bookstore at Lemon Grove Library
 3001 School Lane
 Lemon Grove, CA 91945

Lemon Grove School District 825-5600

8025 Lincoln St
 Lemon Grove, CA 91945
<http://www.lgsd.k12.ca.us/>

Poison Control Center-San Diego area 1-800-222-1222

UC San Diego Medical Center
 200 West Arbor Drive
 San Diego, CA 92103
www.calpoison.com/

Senior Resource Center 740-4214

Referrals, health appraisals, Project Care, Vial of Life
 Sharp Grossmont Hospital
 9000 Wakarusa St
 La Mesa, CA 91942
www.sharp.com/seniors/index.cfm